



BREAKING NEWS

Long Beach, California

Issue 3

Monday, July 7, 2003

Ryan Lindstrom: An Ageless State of Mind



Lindstrom, of Tampa, Fla., is the youngest participant at the Games this week.

By Bill Ball
VA Palo Alto Health Care System

“Youth,” as defined by the Merriam-Webster Dictionary, is the time when one is young, especially the period between

childhood and maturity. When you meet Ryan Lindstrom, you see a fresh-faced 19-year-old who has the maturity of someone much older and wiser than a mere “teenager.”

From Tampa, Fla., Lindstrom is a novice at the National Veterans Wheelchair Games. Only nine months ago, he sustained his injury in an automobile accident.

He was admitted to the Tampa VA Medical Center Spinal Cord Injury Center, where he astonished the staff with his maturity. Cathy Williams, recreation therapist from the facility, is amazed at how

well-grounded he is and the respect he has for the staff and his peers. Williams attributes this to his strong family values and the incredible relationships he has with his friends and family. He also found new families with Paralyzed

Veterans of America and VA.

Lindstrom was told his participation in this year’s Games was remarkable due to the short time of recovery since his injury. He didn’t know what to expect coming to Long Beach and the National Veterans Wheelchair Games, and was caught off guard by the huge number of veterans participating.

“I felt the experience here would be incredible,” said Lindstrom. He first experienced a special camaraderie in the Navy and then among veterans at the Tampa VA Medical Center. Now he is experiencing camaraderie on a whole new scale at the Games.

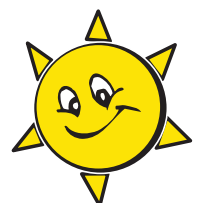
His goal this week is not accruing medals (although he has already won the bronze medal in 9-ball) but to meet new friends and learn new things that will benefit his quality of life down the road.

This week, he is also participating in air rifle, shot put and javelin. He also wanted to participate in basketball but needs

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**Today’s
Weather**

Mostly sunny;
High 82, Low 65



Lindstrom (cont.)

to wait to participate because his accident was so recent. An avid street ball player prior to his injury, he will eventually be a great asset to any wheelchair basketball team.

Lindstrom hopes to attend the Winter Sports Clinic next year and experience some "Miracles on the Mountainside." He also plans on attending many more National Veterans Wheelchair Games and maintaining the friendships he is making this week.

"My goal in life is to achieve as much as possible, God willing!" said Lindstrom with a grin.

If what he has accomplished in the past nine weeks is any indication of his future, Ryan Lindstrom will be a name to remember at future National Veterans Wheelchair Games-- along with whatever else he puts his mind to.

Quotables ...

"It's great to see all the friends made at past Games coming together to compete at the Wheelchair Games. We cheer each other on, experience one another at their best, and share the experience with newly injured participants."

-Thomas Bungert, Lakewood, Wash.

"The Games express what has always been in my heart, that God's creations are designed to overcome all adversity that life has to offer. When I go home I'll know that I made every effort through faith, hard training and perseverance."

-Ventura Catala, Silver Spring, Md.

"The Games testify to the endurance of the human spirit. We come, never quit and have fun while competing and building lasting friendships. The Games are not about 'me', the Games are about 'us'."

-Joseph Dunn, Lancaster, Pa.

"I feel very warmly about these Games. I have met some wonderful people at past events, made great connections, learned valuable

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DME and Wheelchair Repair

Durable Medical Equipment (DME) rooms are available at all hotels to pick up and drop off equipment. Wheelchair Repair is located in the Westin Hotel only. If your wheelchair needs repair, you should go to the Westin Hotel. If the repair is an emergency or occurs after-hours, you should contact the Hotel Team Leader or the Co-Team Leader at the phone numbers listed below at each of the hotels. They will contact Wheelchair Repair to come to your hotel.

Athletes are reminded to bring your VA identification card in order to receive DME. There is a \$10 per equipment refundable deposit when you check out the equipment. Please inform the DME specialist when you pick up your equipment if you will need it dropped off at your hotel room. Athletes must let the DME staff know if you will be returning the equipment yourself, or if you will need to have it picked up from your room after the Games.

If your pick-up or delivery situation changes, please contact the Hotel Team Leader or Co-Team Leader. If no DME was requested for you, your name will be placed on a waiting list and it will be issued on a first-come, first-served basis once all of the athletes who requested DME have picked it up. Exchanges for equipment can be made, but this will also be on a first-come, first-served basis.

You will be given your DME loan form when you pick up your equipment. Please bring this with you when you return the equipment and/or have it attached to the DME upon pickup. If the DME is not returned, a bill of sale will be created and mailed to the Team Coach. Once the DME is returned, the Hotel Team Leaders will mail the refundable deposit to you after the Games.

Hotel Co-Team Leaders: Hilton (Mediterranean, Pacific I/II Rooms) - Sue Kulvinskis (Cell phone: 562-244-8929); Westin (Tokyo, Vancouver, Shanghai Rooms) - Realean Maxwell (Cell phone: (562) 244-8936)

DME Chair: Gina De Ocampo (Cell phone: 562-244-8906)

• Today's Schedule •

8 a.m.	Slalom	II-III	Convention Center Arena
	Table Tennis	IV-V	Convention Center Hall C
	Air Guns		Convention Center Hall C
	Bowling	IA, IB, IC (stick/handleball)	Cal Bowl
9-11 a.m.	Weightlifting Weigh-in		Convention Center Hall C
10 a.m.	Slalom	IV-V	Convention Center Arena
	Table Tennis	II-III	Convention Center Hall C
	Air Guns		Convention Center Hall C
1 p.m.	Table Tennis	IA, IB, IC	Convention Center Hall C
	9-Ball	II-III	Convention Center Hall C
	Air Guns		Convention Center Hall C
	Power Soccer	Exhibition	Convention Center Hall B
2:30 p.m.	Slalom	Super "G"	Convention Center Arena
3 p.m.	Air Guns		Convention Center Hall C
7 p.m.	Weightlifting		Convention Center Hall C
	Swimming		Belmont Shore Pool

Shuttle Schedule for Today

TIME	EVENT	DESTINATION
6 a.m.-11 p.m.		Hilton/Convention Center/Hilton
6 a.m.-2 p.m.	Bowling	Convention Center/Cal Bowl
5 p.m.-11 p.m.	Swimming	Convention Center/Belmont Shore/Convention Center



*Transportation to venues is available only from the Convention Center.

Medical Assistance

Hotels: A medical suite will be fully operational through Thursday at the Westin and Hilton Hotels. The rooms will be open from 7 a.m. to 10 p.m. for treatment of minor injuries and illnesses. Look for signs to direct you to the medical suite, or call the hospitality desk for directions. After hours, a Games physician will be on call, and can be reached by calling the hotel operator. In the event of a life-threatening emergency, dial the hotel operator to call 911. There is no medical suite at the Hyatt; however, a Games physician will be on call each night. For services needed during the daytime hours, call or visit the medical suites at the Westin, Hilton or Convention Center.

Convention Center: A medical room in Suite 301 on the Seaside Meeting Level at the Convention Center will be staffed from 7 a.m. until the last event is completed each evening.

Games Sites: Medical staff will be present at each Games venue. They can easily be identified by their red T-shirts with the white cross on the front. The medical personnel can care for minor injuries. A severe injury/illness will be referred to the VA Long Beach Medical Center.

The medical staff will not be able to provide attendant care services, but have a list of agencies you may call if needed.



The Texas team rolls in for the Opening Ceremony.

Let the Games Begin!



VA Long Beach Healthcare System Director Ramon Reevey, Ron Amador, president of the California chapter of the PVA, and VISN 22 Director Ken Clark share the torch.



Teams, coaches, families and friends crowded into the Long Beach Convention Center Arena to get the Games off to a rousing start.



Jason Morgan, an Air Force veteran from Walker, La., takes a swing.



Air Force veteran Jacqueline Botello, from Moreno Valley, Calif., hopes for a strike.



Casey Pooler, of Seattle, a Marine Corps veteran, takes aim in air guns.

Attention Athletes!

Speaking of Spirit ... Don't forget to drop off your nominations for the 2003 Spirit of the Games award. These are due no later than 8 a.m. on Tuesday, July 8. Help us recognize the outstanding athletes at this event by dropping off your nomination at the Command Center **today!**

Red, White and Blue Day Tomorrow is red, white and blue day, so show your patriotic spirit by wearing our nation's colors on this day, all day.

Meals for bowlers and swimmers No meals will be served to athletes at the venue sites. Athletes should plan to eat all meals at the Convention Center.

Awards Presentations During the Wheelchair Games, awards are presented two ways: **Immediate awards** are presented as soon as results become available at the venue site at the following events: **basketball, softball, quad rugby, and weightlifting.** **Delayed awards** are presented for all other events throughout the day on the Awards Platform in the Main Lobby of the Long Beach Convention Center. A schedule of award presentations will be available at the Awards Platform. Generally, awards will be presented on Sunday, between 2 and 6 p.m.; Monday and Tuesday between 10 a.m. and 8 p.m.; and Wednesday between 10 a.m. and 5 p.m. Last chance to pick up your award is Wednesday at 5 p.m. at the Awards Platform. Scores will be posted as they become available in the Main Lobby and the Internet Cafe at the Long Beach Convention Center.

Departures Coaches and athletes who are not assigned to a team need to pick up departure packets and luggage tags at the hospitality table located in the lobby of each hotel TODAY, between 7 a.m. and noon, and 3 to 7 p.m. You need to include flight number, departure time and passenger name on luggage tags; peel off and adhere to back of UPS tag (pink/green tag).

Athletic Equipment Athletes can pick up their equipment at the Westin Hotel (Ocean Ballroom) from 5 to 7 a.m., and from 5 to 7 p.m.

Hey Rhode Islanders! Did you think you'd moved south when you heard your state called the "Plantation State" during last night's Opening Ceremony? After all, Rhode Island is called the "Ocean State" on license plates. The "Ocean State" is the nickname used to promote tourism. The nickname "Plantation State" is derived from the state's official full name "The State of Rhode Island and Providence Plantations."

Lost and Found will be located in the main lobby by the exits to the departing buses. Manned from 8 a.m. to 6 p.m.

Handcycle Demo Days Representatives from Invacare and Freedom Ryder will be on hand to demonstrate the latest handcycles at El Dorado Park, Long Beach, today from 11 a.m. to 4 p.m. Directions for El Dorado Park were included with the other venue sites in the athletes' package. Follow the signs for the Demo. Vehicle entry fees are \$3.00 for cars or \$5.00 for buses.

Veterans History Project Interviews

The Veterans History Project at the Library of Congress was created on Oct. 27, 2000, by a unanimous vote of Congress and seeks to collect and preserve recorded memories of America's war-time veterans. The project collects audio- and video-recorded interviews, as well as letters, diaries, photographs, and other personal documents and preserves these stories of experience and service for future generations. For those who signed up at registration to record their stories, interviews will be conducted in Room 308A. The schedule is currently full, but there may be cancellations, so stop by and ask.

On the Menu ...



Breakfast (6 to 8:30 a.m. at Convention Center, 6:30 to 8 a.m. at Hilton): french toast; sliced grilled ham; fresh fruit/cups, assorted breakfast breads; assorted dry cereals; orange, tomato and grapefruit juice; coffee and tea.

Lunch (11 a.m. to 1:30 p.m.): pasta with sausage and sweet peppers topped with marinara sauce and parmesan cheese; mixed green salad; seasonal fresh vegetables; garlic bread; rich chocolate brownies; iced tea, lemonade, punch and coffee.

Dinner (4:30 to 7 p.m.): taco shells with choice of seasoned beef or chicken, lettuce, tomatoes, onions, sour cream, guacamole and grated cheese; cheese enchiladas; refried beans; Spanish rice; tortilla chips with salsa; chef's flan; iced tea, sangria punch (non-alcoholic), coffee.

Nicholas Patrick Wins First Roseberg Athletic Scholarship



Air Force veteran Nicholas Patrick is the first recipient of a new scholarship for a deserving novice veteran to participate in the Games.

Nicholas Patrick, 52, of Littleton, Colo., is the recipient of the first Michael Rosenberg Athletic Scholarship. Nominated by his coach and therapist Donna Lonergan, Patrick displays an exceptional commitment to bettering himself and the people around him.

Despite a diagnosis of multiple sclerosis in 2001, Patrick continues to maintain a healthy lifestyle through regular volunteer work, church activities and service to others. He volunteers at a local elementary school library, is a member of the Speakers Bureau of the MS Society and also serves as a prison chaplain. Becoming a wheelchair user only last year, he is competing the National Veterans Wheelchair Games for the first time this week. The Rosenberg scholarship enabled him to attend.

Coach Donna Lonergan says Patrick “lives life to its fullest.” His spirit and zest for life inspired her to nominate him for the Michael Rosenberg Athletic Scholarship.

She notes that Patrick strives at leading a life balanced between his spirituality, his personal activities, and his volunteer work with numerous community organizations.

Patrick served in the Air Force from 1968-1973 and the Navy from 1980-84. He considered becoming a minister and spent several years studying theology in between his years in the military.

Patrick has been using a wheelchair for a little over a year now. The active lifestyle he enjoyed before continues now, just in a different way. He loves dancing and frequently closes down the dance floor in his local community. Patrick also devotes much of his time to volunteer work with the Rocky Mountain MS society, the local library and recently in a wheelchair activity for disabled children, ages 8-18.

Patrick says being in a wheelchair “has been a blessing.” It has opened doors and has shown him a different side of the world.

“People have been wonderful and the experience has been great,” he says. When asked about his first experience at the Wheelchair Games, Patrick smiled and said, “I just love this; I’ll definitely be back again.”

The Michael Rosenberg Athletic Scholarship is a grant of up to \$1,000 given annually to a deserving novice veteran to participate in the National Veterans Wheelchair Games. The award is given to a first-time athlete who receives care at a VA facility and who would not otherwise be able to participate in his or her first Games. The recipient is selected each year by the Director of the National Veterans Wheelchair Games and VA’s Under Secretary for Health, based on recommendations of a formal selection committee. The selection is based not on potential to win, but on enthusiasm, a proven record of positive therapeutic performance, and “guts.”

The scholarship was established in August 2002 by the Honorable Robin L. Higgins, VA’s former Under Secretary for Memorial Affairs, in honor of her grandfather, Michael Rosenberg, and her father, Dr. Norman Ross. Rosenberg was a WWI veteran who was a triple amputee due to Buerger’s Disease. He received care in both military and VA facilities, and bravely supported his family until he succumbed to his wounds in 1933 at the age of only 34. His son, Dr. Norman Ross, went on to serve in the Navy in WWII, and, despite being a disabled veteran himself, received three degrees under the GI Bill. Ross spent his lifetime giving back to society as a teacher and a coach.

An award application was

(continued on page 8)

Quotables (cont.)

information and have discovered abilities. I found a love for air rifle shooting and am competing nationally. Each year I am enlightened by new experiences and acquaintances.”

-Penny Gillett, Walton, Ne.

“The Games help each of the participants take the ‘dis’ out of ‘disability’.”

-James Holt, Jr., Riverdale, Md.

“This is my first time attending the Games. I brought my daughter to help cheer me on and share this experience in the hope that it will bring us closer together.”

-Joseph Ramos, Pembroke Pine, Fla.

“Don’t lay down and quit, get out there!”

-Charles Collins, Booneville, Ark.

3rd Annual Kids Day at the Games

Tomorrow, area Boy and Girl Scouts will take part in the National Veterans Wheelchair Games’ third annual “Kids Day” event, taking place from 10 a.m.–2 p.m. at the track and field venue (located at California State University, Long Beach). In addition to learning about disabled sports, the kids will also volunteer throughout the day, watch the competitions and cheer our athletes on. They will have lunch with the participants at the outdoor “Athletes Village” lunch area near the track.

A number of the kids participating are scouts with disabilities. Visit with them while they’re here, and tell them all about the Wheelchair Games!

Rosenberg Award (cont.)

developed and included in this year’s registration package for the Games for the first time, and will be included in all future Games. Applications are submitted by a VA doctor, therapist, or team coach to the National Director of the Wheelchair Games. This first year, there were 12 applications reviewed. *(For more information about the Rosenberg Scholarship or to nominate a deserving individual, contact Tom Brown after the Games at (210) 617-5125.)*

Discovering Long Beach



**Aquarium of the Pacific
100 Aquarium Way
Long Beach, CA 90801
Phone: (562) 590-3100**

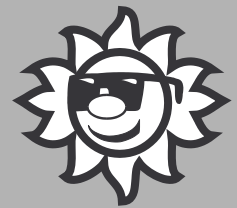
Open daily from 10 a.m. to 6 p.m.

Located just across the harbor from the Queen Mary, this aquarium has 17 major habitats and more than 30 smaller ones representing three major regions of the Pacific Ocean. Includes sharks, octopus, giant groupers, harbor seals, sea lions, giant Japanese spider crabs.

Its newest eye-opening exhibit is the Shark Lagoon. This 90,000-gallon habitat brings you nose-to-nose with these often misunderstood animals and even gives you the opportunity to touch and interact with more than 100 sharks.

This week, the aquarium is offering FREE admission to athletes competing in the 23rd National Veterans Wheelchair Games and discounted admission for their families, coaches and friends. Athletes must present the participant/meal ticket badge you were given at registration at the Aquarium ticket window to receive free admission. Guests will be able to purchase tickets for \$13.95 Adult (regularly \$18.75) and \$7.95 Child, ages 3-11 (regularly \$9.95). Athletes must be present at the time of purchase to receive the discounted rate.

Beat the Heat



This is sunny California, so it’s important to take precautions to protect yourself from the effects of that strong summer sun when you’re participating in outdoor events. Here are some tips to keep in mind:

- Drink plenty of fluids both before and during your event.
- Wear sunscreen and a hat whenever possible.
- Stay in the shade as much as possible before your event.
- Bring a towel to dry off and a clean shirt to change into so that you can stay dry.
- Wear loose clothing.

If you feel any of the following signs of heat-related illnesses, make sure that you drink water, get out of the sun and get medical help immediately: dry mouth, weakness, nausea, clammy skin or confusion.